



**REPUBLIC OF KENYA**  
**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**  
**STATE DEPARTMENT OF ENVIRONMENT AND CLIMATE CHANGE**  
**KENYA METEOROLOGICAL DEPARTMENT**

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**Biometeorological Services Division**

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**WEEKLY BIOMETEOROLOGICAL BULLETIN (1<sup>ST</sup> APRIL–7<sup>TH</sup> APRIL 2025)**

**Ref No: MET/7/58/4-2025**

**Issue Date: 31/03/2025**

**PREAMBLE**

Biometeorology is an interdisciplinary science of interactions between atmospheric processes and living organisms - plants, animals and human-beings. The Biometeorological Services Division collects, analyzes and interprets Meteorological and Health data in liaison with partners in the Health Sector for advisory development.

The weather information provided is aimed at guiding residents to identify and recognize the likelihood of occurrence of weather-related health diseases according to the issued advisories and take necessary action.

**Summary**

Heavy rainfall can cause flooding and water contamination, leading to the water-borne diseases such as cholera and typhoid fever. Mosquitoes and other insects that carry diseases such as dengue fever, malaria and Zika virus thrive in warm and humid conditions, which can be created by heavy rainfall. Rain can lead to increase in respiratory illnesses and pneumonia due to dampness and mold growth.

**REVIEW FOR PREVIOUS WEEK (24<sup>TH</sup> MARCH – 30<sup>TH</sup> MARCH, 2025)**

**1.1 Rainfall**

This section lists stations recorded more than **50mm** total rainfall in the last **7 days**. Stations such as **Kitui, Kakamega, Kitale, Mombasa, Moyale, M.A.B, Embu, Nakuru, Machakos, JKIA, Kericho, Marsabit, Eldoret, Eldoret A/port, Meru and Kangema** recorded total weekly rainfall above **50mm**. This is shown in Table 1 below.

**Table 1:**

Station	Total weekly rainfall amounts
Kitui Met	263.8mm
Kakamega Met	108.2mm
Meru Met	104.5mm
Kangema Met	96.2mm
Moyale Met	93.6mm
Kitale Met	78.1mm
Machakos Met	68.8mm
Mombasa Met	66.1mm
M.A. B	64.8mm
Embu Met	64.7mm
Nakuru Met	64.2mm
Kericho Met	62.7mm
JKIA	62.0mm
Marsabit Met	54.4mm
Dagoretti C	53.6mm
Eldoret Met	52.8mm
Eldoret A/port	52.5mm

## 1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Temperatures in some counties including **Garissa, Turkana (Lodwar)** and **Mandera** recorded average weekly temperatures exceeding **35°C** as shown in Table 2 below.

**Table 2:**

Station	Average weekly maximum temperature
Mandera Met	36.9°C
Garissa Met	35.8°C
Lodwar Met	35.5°C

## 1.3 Low Temperatures

This section lists stations that recorded average temperatures below **10°C** in the last **7 days**. All stations recorded an average weekly temperature **above 10°C**

## 1.4 High Winds

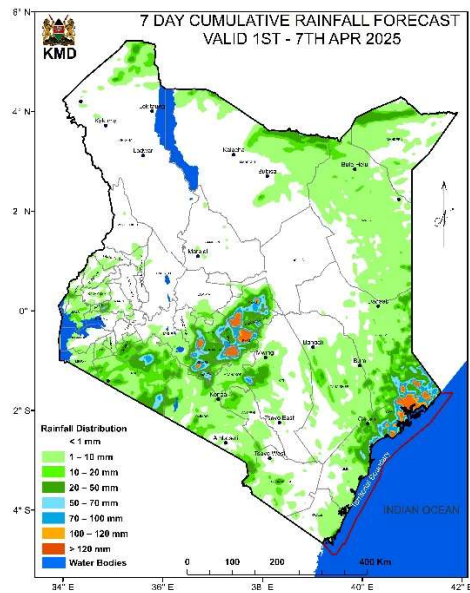
This section list stations that recorded winds with speeds of more than **25 knots (12.9 metres per sec)** in the last 7 days. This was recorded in **Marsabit** Met station.

## 2.0 FORECAST FOR (1<sup>ST</sup> APRIL– 7<sup>TH</sup> APRIL, 2025)

### Rainfall

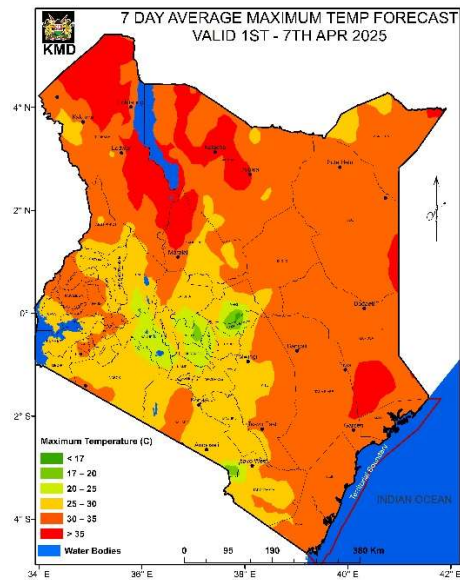
Rainfall amounts exceeding **50mm** is to be expected over some parts of the **Vihiga, Nandi, Bomet, Nakuru, Narok, Kajiado, Nairobi, Kiambu, Nyandarua, Nyeri, Murang'a, Kitui,**

**Machakos, Embu, Tharaka Nithi, Meru, Kilifi and Lamu** counties during the forecast period of Tuesday 1<sup>st</sup> April 2025 to Monday 7<sup>th</sup> April 2025.



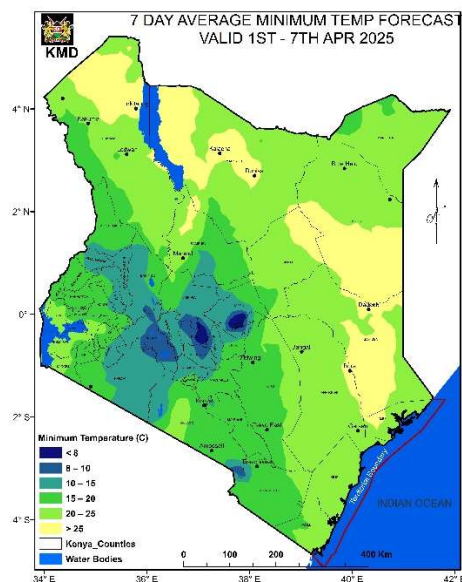
### High Temperature

Temperatures exceeding **35°C** is to be expected in parts of **Garissa, Wajir, Mandera, Samburu and Turkana (Lodwar)** Counties during the forecast period of Tuesday 1<sup>st</sup> April 2025 to Monday 7<sup>th</sup> April 2025.



### Low Temperature

Temperature of less than **10°C** is expected over Counties like **Nakuru, Nyeri, Murang'a and Nyandarua (Nyahururu), Meru, Tharaka Nithi and Kirinyaga** during the forecast period of Tuesday 1<sup>st</sup> April 2025 to Monday 7<sup>th</sup> April 2025.



## Winds

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit County** during the forecast period of Tuesday 1<sup>st</sup> April 2025 to Monday 7<sup>th</sup> April 2025.

### 3.0 Meteorological Advisory on Weather-Related Risks

Residents are encouraged to monitor the following weather conditions and their potential impacts:

#### 1. Rainfall

- **Forecast:** Some areas are expected to receive more than **50 mm** of rainfall during the week.
- **Implications:** Increased risk of **flooding** in low-lying areas and along riverbanks. Higher likelihood of **waterborne diseases** due to contaminated water sources.

- **Recommendation:**

1. Use clean, boiled, or treated water for drinking and cooking.
2. Stay Informed: Keep up with updates from the Kenya Meteorological Department regarding rainfall forecasts and advisories.

#### 2. High Temperatures

**Forecast:** Anticipated temperatures may exceed 35°C in several counties.

**Implications:** High temperatures can lead to heat stress and dehydration.

**Recommendations:** Limit outdoor activities during peak heat hours (10 AM - 4 PM). Stay hydrated by drinking plenty of water. Dress in light, breathable clothing and seek shade or air-conditioned spaces when possible.

#### 3. Cold Weather Conditions

**Forecast:** Some areas may experience temperatures below 10°C.

**Implications:** Increased cases of **respiratory diseases** such as **flu, pneumonia, and asthma** attacks. Children, the elderly, and individuals with chronic illnesses are at higher risk.

**Recommendations:** Dress warmly and limit exposure to cold, especially for vulnerable populations.

#### 4. Strong Winds

**Forecast:** Winds exceeding 25 knots (12.9 m/s) are expected in specific regions.

**Implications:** High winds can lead to dust storms, reduced visibility, and potential property damage.

**Recommendations.** Be aware of potential **respiratory** issues due to airborne particles.

### **Conclusion**

Residents are encouraged to take proactive measures to safeguard themselves and their communities against the anticipated weather conditions. For accurate and timely updates, this advisory should be used in conjunction with the daily forecasts issued by the Kenya Meteorological Department.

Stay Safe and Informed.

**Dr Gikungu**

**DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT**